Name:

Cain and Abel

In Genesis 4: 6-7, God said the following to Cain:

6 Then the LORD said to Cain, "Why are you angry? Why is your face downcast? 7 If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it."

What does God mean when he said that sin is crouching at your door or that it desires to have you?

What do you think it means when God said that you must master it (the sin)?

One of the best ways for us to avoid falling into sin is to have a plan of attack ready for the times when we are tempted. Think of a sin that tempts you often (maybe saying something mean to your brother/sister, gossiping, making a cruel and sarcastic comment, cheating on a homework assignment or test, not doing what your parents tell you to do, saying yes to something you know you should NOT do!). Write that sin down and then write your plan of attack to avoid the sin. That way, when you are tempted, you will be able to stand up to the sin.

No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it. -1 Corinthians 10:13

**Cain and Abel JOURNAL ENTRY:**

Write down a sin that could tempt you.

Complete the entry with a paragraph that explains your plan to avoid the temptation.